



COVID-19 Needs Assessment of U.S. Latinx Communities

Preliminary Report
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The COVID-19 Latinx study is comprised of a community needs assessment that provides a snapshot of the impact and disparities associated with COVID-19. This includes potential disparate outcomes related to health, mental health, employment, education, housing, and food insecurity.

Research Areas:

1. Economic impact of COVID-19 on Latinx adults and youth.

- Employment
- Food insecurity

2. COVID-19 infection and mortality among Latinx adults and youth.

3. Health impact of COVID-19 on Latinx adults and youth.

- Mental health symptoms
- Physical symptoms

4. Education impact of COVID-19 on Latinx adults and youth.

- Changes in grades
- Ability to complete schoolwork and school year.

For the preliminary report, the survey has yielded responses from Latinx adults and adolescents living in the United States.

Procedures:

- All participants were recruited using Qualtrics Panel from November 12, 2020 until January 6, 2021.
- Adult participants were recruited from various sources, including website intercept recruitment, member referrals, targeted email lists, gaming sites, customer loyalty web portals, permission-based networks, and social media, etc. Adults were required to consent to participation.
- To recruit youth participants (13-17 years of age), Qualtrics targeted the parents/guardians of potential minor participants and presented a consent form to them. Minor participants were asked for assent.

Data Analysis

Recruitment

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graph TD; Recruitment[Recruitment] --- Youth[Latinx Youth  
(N = 770)]; Recruitment --- Adults[Latinx Adults  
(N = 2,225)]; Recruitment --- Immigrants[Latinx Adult Immigrants  
(N=559)];
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Latinx Youth
($N = 770$)

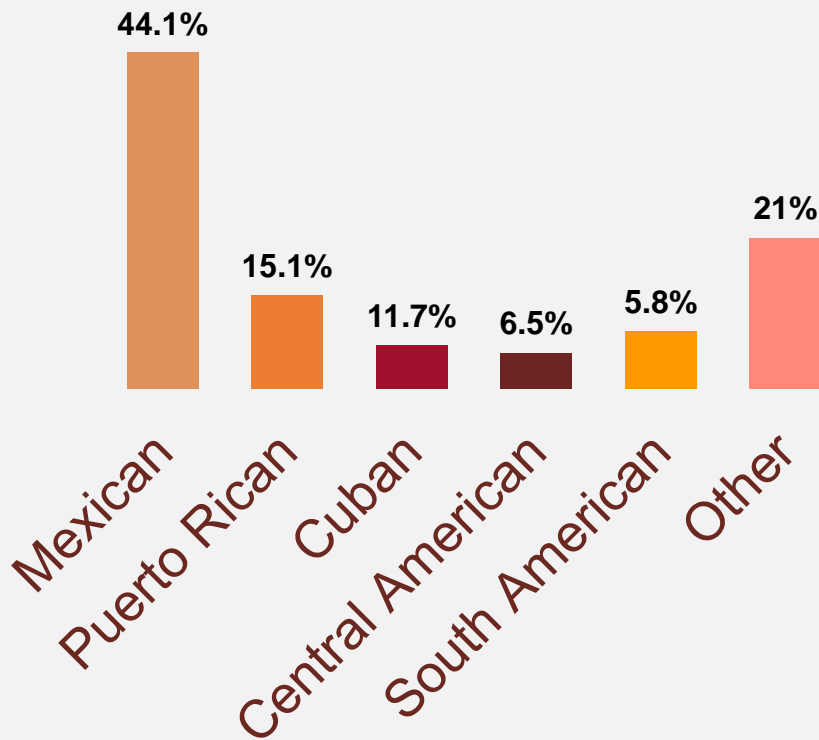
Latinx Adults
($N = 2,225$)

Latinx Adult
Immigrants
($N=559$)

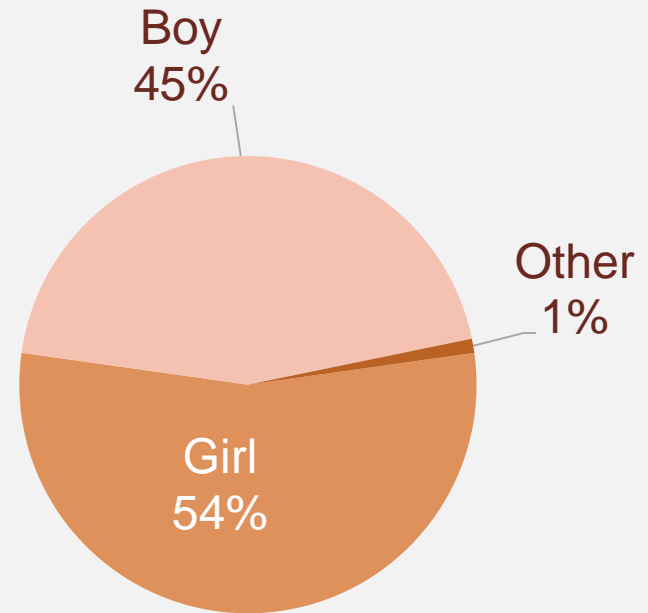
U.S. Latinx Youth Sample ($N = 770$)

Sample Characteristics: Latinx Youth

Ethnicity

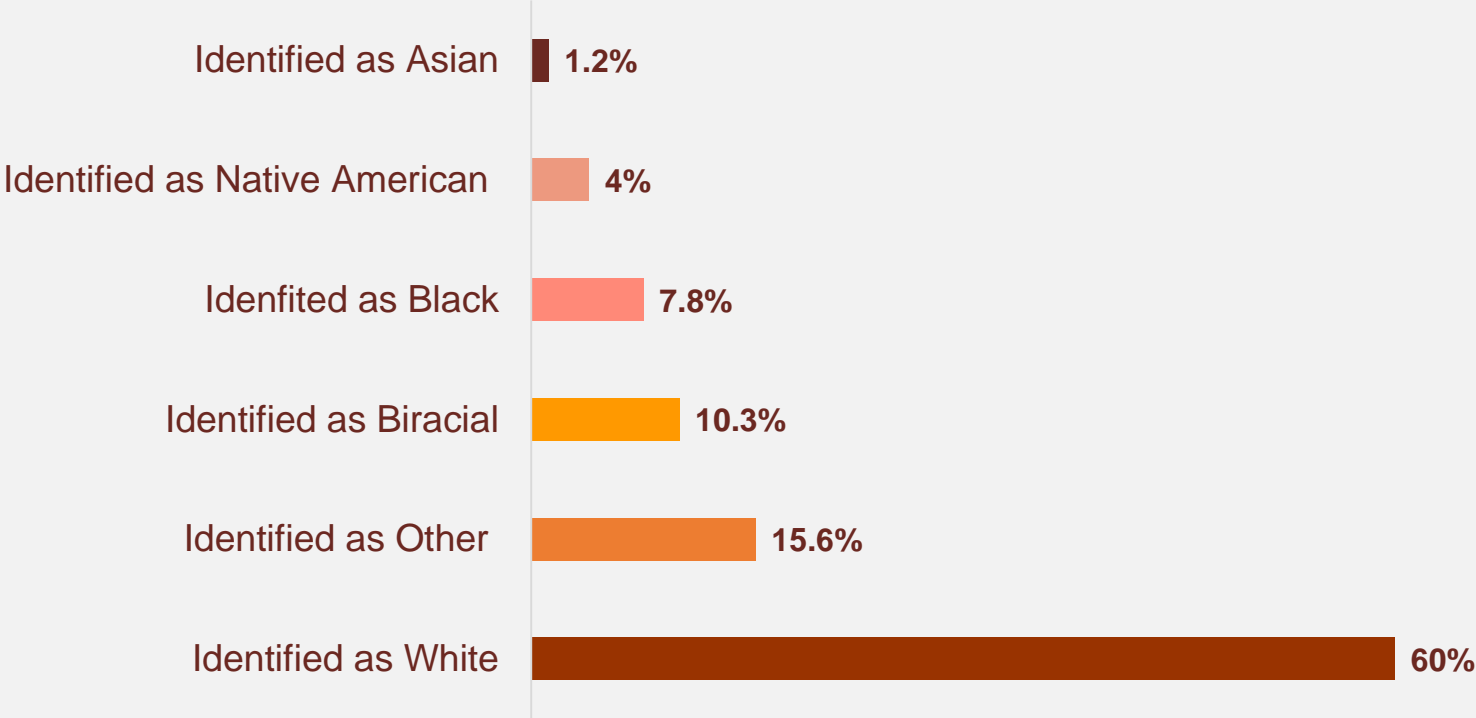


Gender



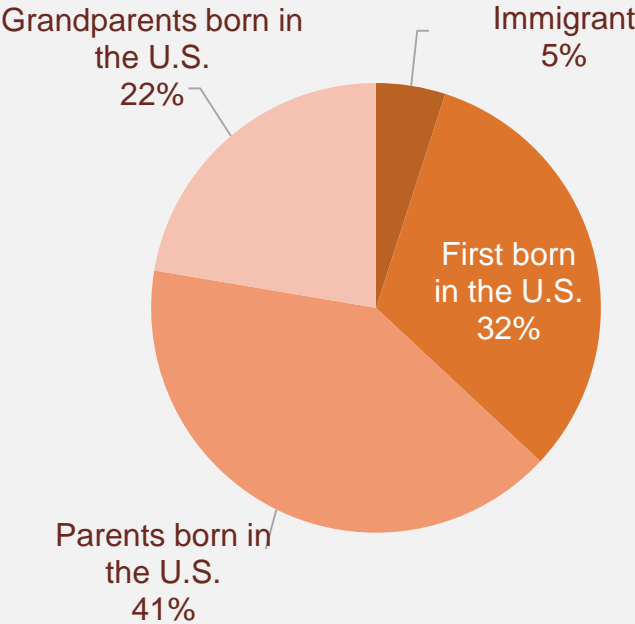
Sample Characteristics: Latinx Youth

Race

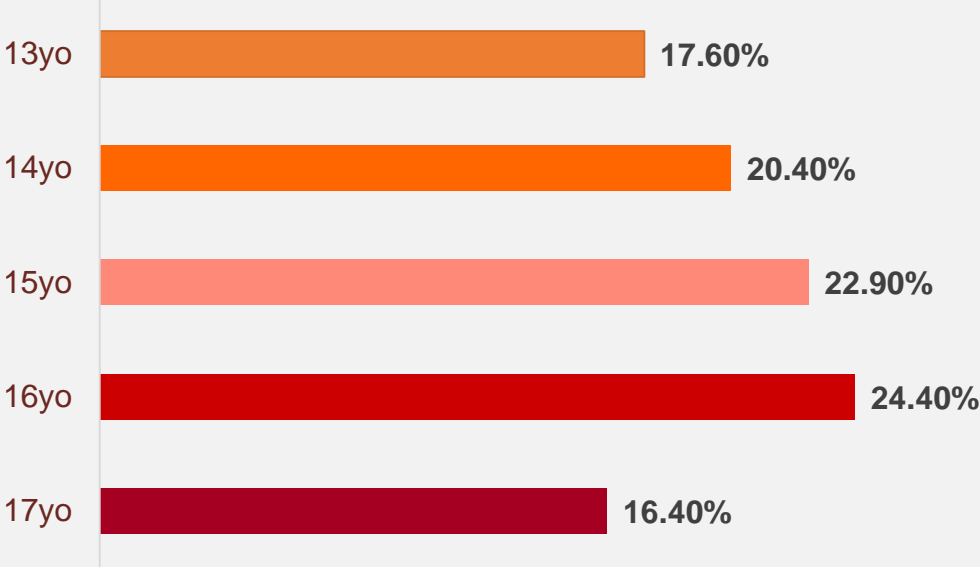


Sample Characteristics: Latinx Youth

Immigration



Age



What has been the economic impact of COVID-19 on U.S. Latinx youth?

22% of all youth reported they had **low** food security.

31% of all youth said they had **very low** food security.

53% of all youth said they were food insecure.

What has been the impact of COVID-19 infection and mortality among U.S. Latinx youth?

15%

Stated they had contracted COVID-19.

18%

Had a family member at home had contracted COVID-19.

68%

Knew of others who had contracted COVID-19.

88%

Reported they followed infection prevention measures (ex: wearing a mask).

How has COVID-19 impacted the mental health of U.S. Latinx youth?

33%

Reported feeling sad or depressed most or all of the time.

34%

Stated feeling anxious or nervous most or all of the time.

34%

Indicated they felt they had nothing to look forward to.

42%

Reported feeling more irritable than usual.

11%

Reported using drugs or alcohol to deal with stress related to the pandemic.

59%

Indicated they engaged in risky sexual behavior.

How has COVID-19 impacted the academic performance of U.S. Latinx youth?

32%

Reported that their grades had worsened.

21%

Indicated that there was more than a 50% chance that they would not be able to finish the school year.

Summary and Recommendations for Federal Policy for U.S. Latinx Youth

1. Based on key demographic indicators, this sample of participants seems representative of the broader Latinx youth community living in the U.S.
2. In terms of financial difficulties, **more than half of Latinx youth reported being food insecure**. Specifically, youth reported that their meals consisted of cheap foods void of nutrition due to dwindling financial resources due to COVID. It is recommended that stimulus and financial aid packages account for both parents and minors living in the same household. Healthy eating initiatives such as school lunch/dinner boxes program should be maintained - or initiated in schools currently lacking food programs - to help youth to supplement their missed meals and complement the lack of nutritious foods. Free webinars that center on school-parent conversations to address risks of food insecurity in the household.
3. In terms of academic performance during COVID-19, **32%** reported that their grades worsened and 21% of all youth indicated there was **more than a 50%** that they would not be able to finish the school year.

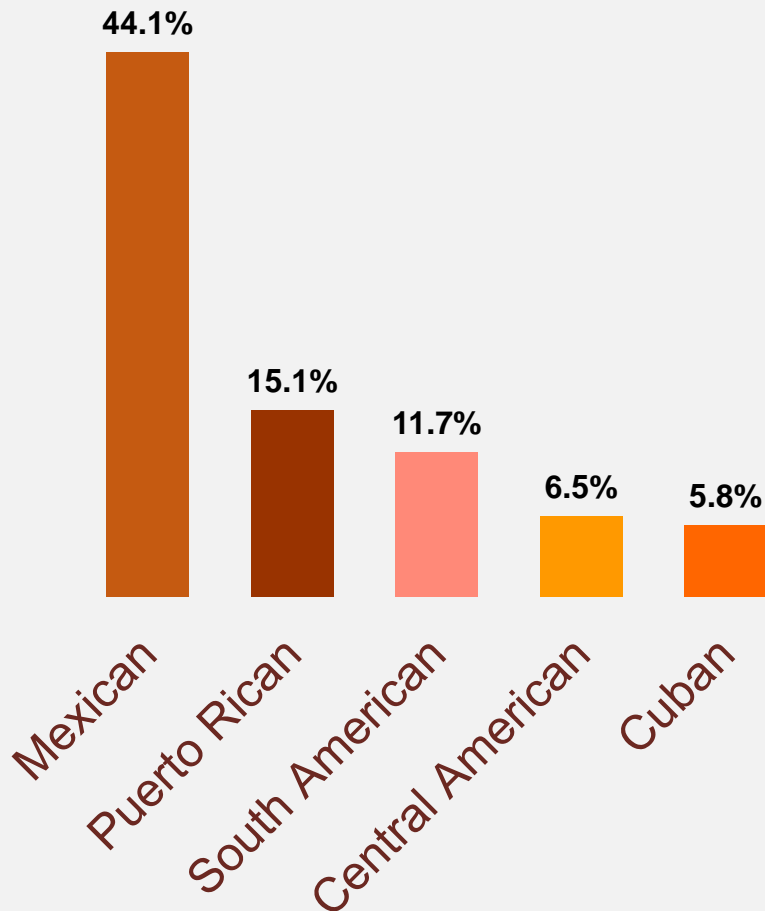
Summary and Recommendations for Federal Policy for U.S. Latinx Youth

4. A **third of Latinx youth reported poor mental health outcomes**. Specifically, the most endorsed symptoms of distress reported by youth were depression, anxiety, and irritability. It is recommended that there be a focus on greater and easier access to psychological services at schools as well as tele behavioral health options.
5. An overwhelming **two thirds of sexually active youth reported engagement in risky sexual behavior**. It is recommended that targeted resources and funds be directed to primarily Latinx-serving schools to provide general support services and safe sex educational talks for STDs and teen pregnancy prevention.
6. Given that **approximately 11% of the sample reported using drugs or alcohol to deal with stress related to the pandemic** we suggest to prepare substance use interventions through the use of an app that youth can use of their phones (ex: IFeel App).

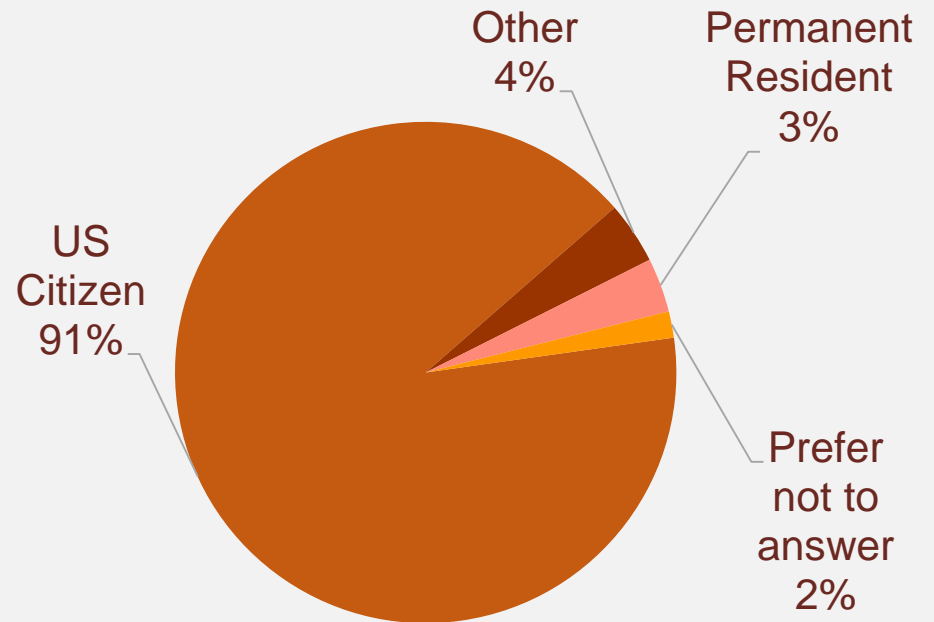
U.S. Latinx Adult Sample ($N = 2,225$)

Sample Characteristics: Latinx Adults

Ethnicity

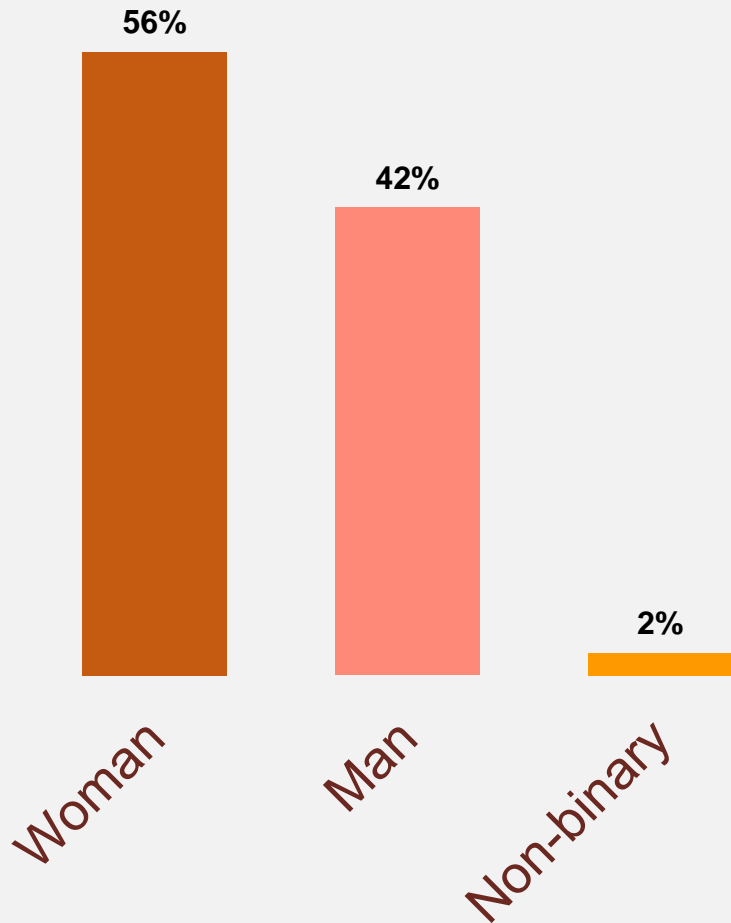


Documentation Status

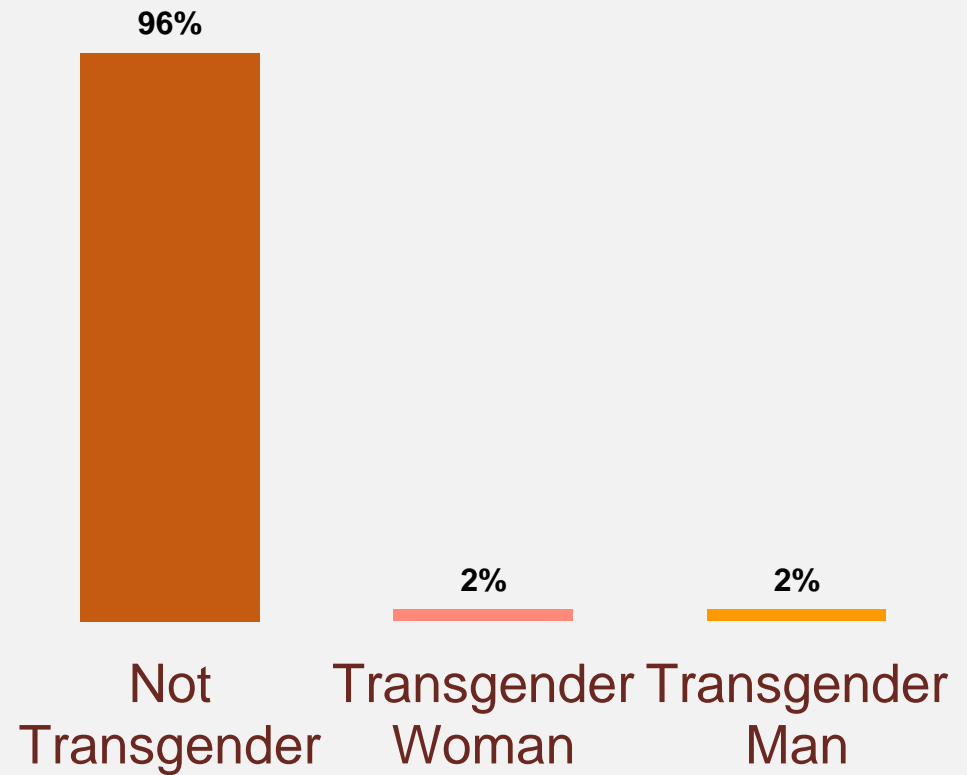


Sample Characteristics: Latinx Adults

Gender

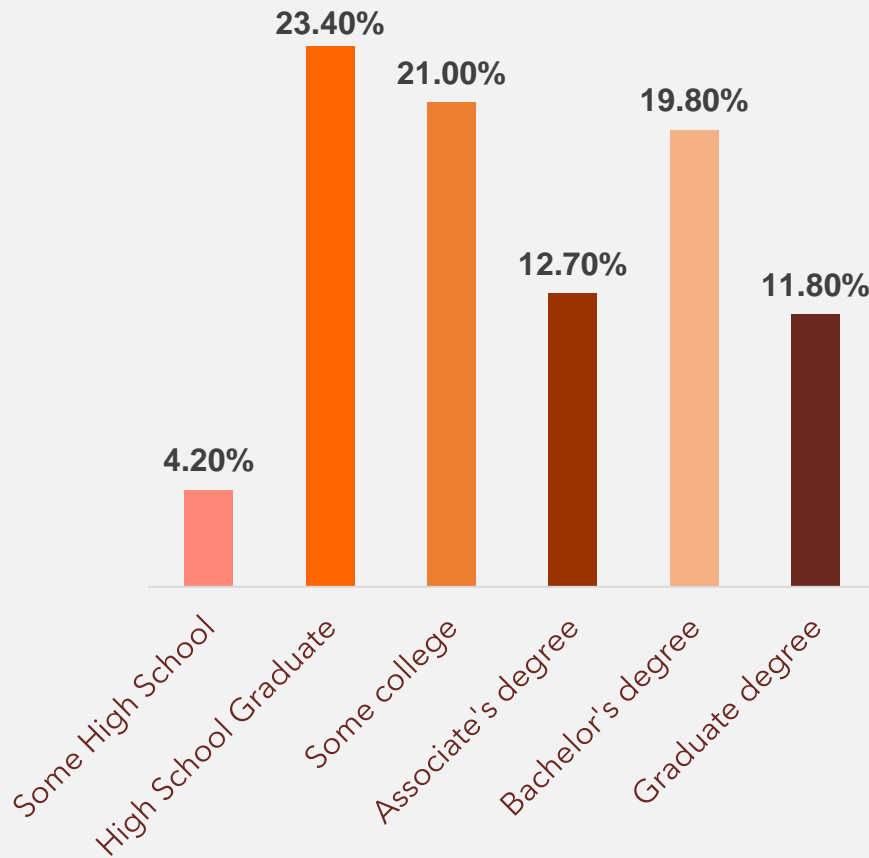


Transgender Identity

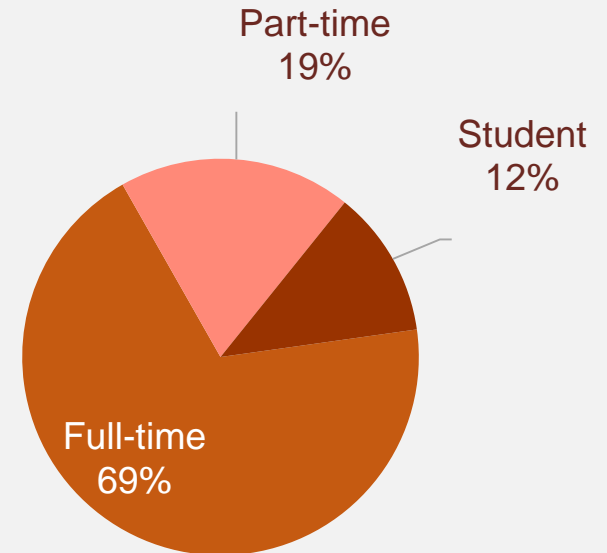


Sample Characteristics: Latinx Adults

Education



Employment Status

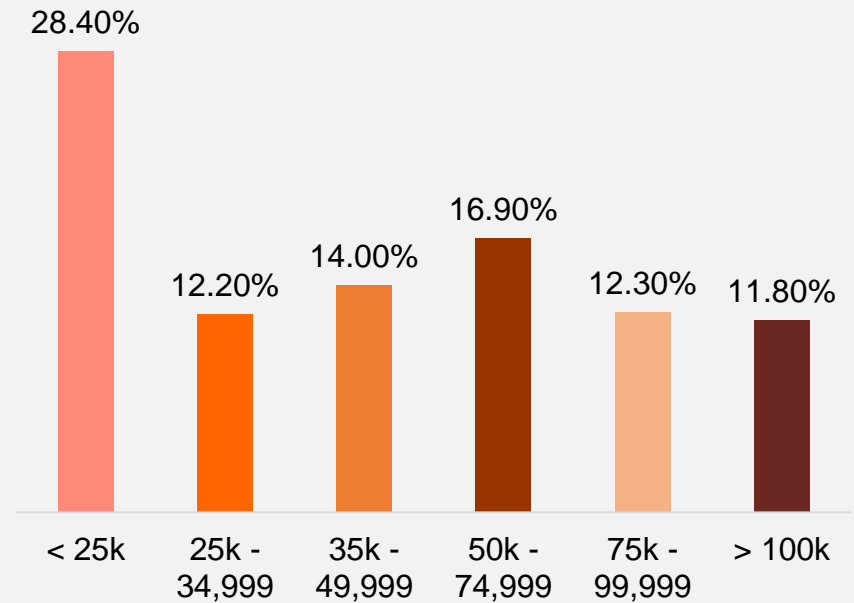


Sample Characteristics: Latinx Adults



Identified as an essential worker

Income



What has been the economic impact of COVID-19 on U.S. Latinx adults?

15%

Reported that they had to quit their job to care for a family member.

13%

Reported that they had lost their job.

8%

Reported that they had been furloughed.

What has been the economic impact of COVID-19 on U.S. Latinx adults?

55% of all adults reported they were food insecure.

63% of all LGBTQ Latinxs said that they were food insecure.

What has been the impact of COVID-19 infection and mortality among U.S. Latinx adults?

40%

Stated they had symptoms or currently have symptoms but were not or have not been tested.

20%

Indicated that they had tested positive for Covid-19 but no longer had symptoms.

28%

Reported that a close friend or family member had died of Covid-19.

14%

Reported that someone had died of Covid-19 while in their home.

How has COVID-19 impacted the health of U.S. Latinx adults?

57%

Reported an increase in mental health problems or symptoms.

78%

Noted an increase of behavioral or emotional problems in their child/ren.

29%

Indicated an increase in their use of drugs and/or alcohol.

33%

Reported an increase in health problems not related to Covid-19.

Summary and Recommendations for Federal Policy for U.S. Latinx Adults

1. Based on key demographic indicators, this sample of participants seems representative of the broader Latinx community living in the U.S.
2. In terms of financial difficulties, **approximately 1 in 5 Latinx adults reported losing their job or being furloughed.** An additional group of individuals quit their job to care for another in their household. **About 1 in 3 Latinx adults are no longer employed.** It is recommended that stimulus and financial aid packages account for not only those who have lost their job or been furloughed but also those Latinxs who are no longer employed due to health or family obligations.
3. **More than half of Latinx adults reported an increase in mental health problems and nearly one-third indicated an increase in alcohol/drug use.** It is recommended that there be a focus on greater and easier access to psychological services, including face-to-face and telebehavioral health options. Further, it is necessary to fund and support the training of bilingual, bicultural health practitioners that can work with community partners to provide direct services and reduce mental health stigma.

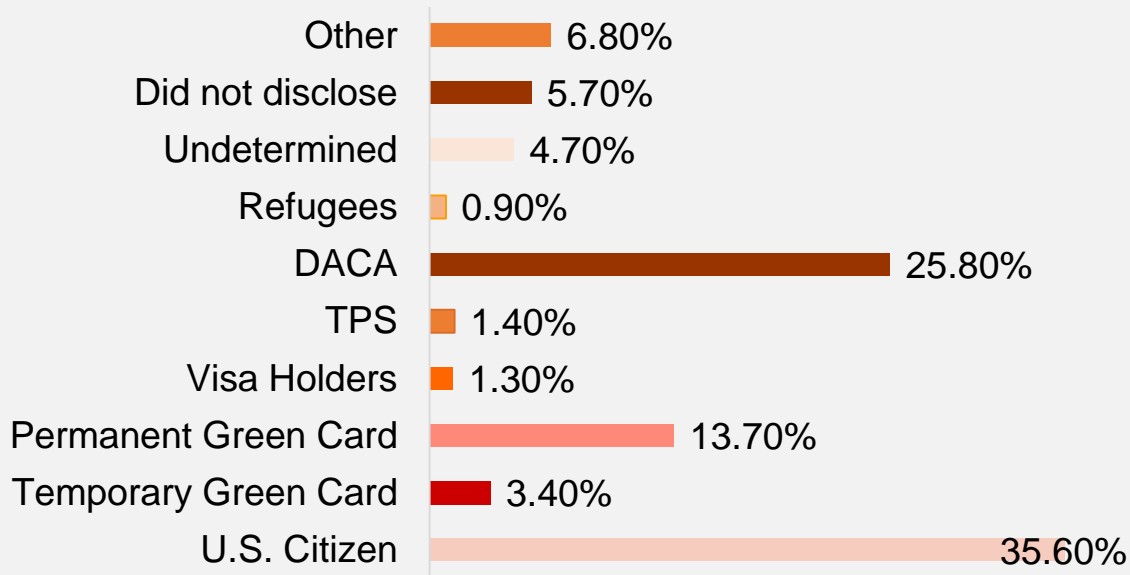
Summary and Recommendations for Federal Policy for U.S. Latinx Adults

4. An overwhelming majority (**78%**) of Latinx participants reported increased **behavioral and emotional problems in their children**. It is recommended that targeted resources and funds be directed to primarily Latinx-serving schools to provide general support services and professional psychological services, when needed, to students and families.
5. With **40% of Latinx adults reporting an infection history but not being tested**, it is recommended that continued information campaigns be conducted that emphasize the importance of COVID-19 testing and detail the procedures of how to do so.
6. Given that **approximately 1 in 3 Latinx adults have lost a close family member**, it is recommended that support and funds be provided for grief counseling in trusted community sites, such as churches, community centers, etc.
7. Increase the support of The Special Supplemental Nutrition Program for Women, Infants, and Children (*WIC*).
8. Coordination of food pantry delivery options to increase access and reduce contact.
9. Expand the list of foods that can be purchased with **SNAP benefits**.

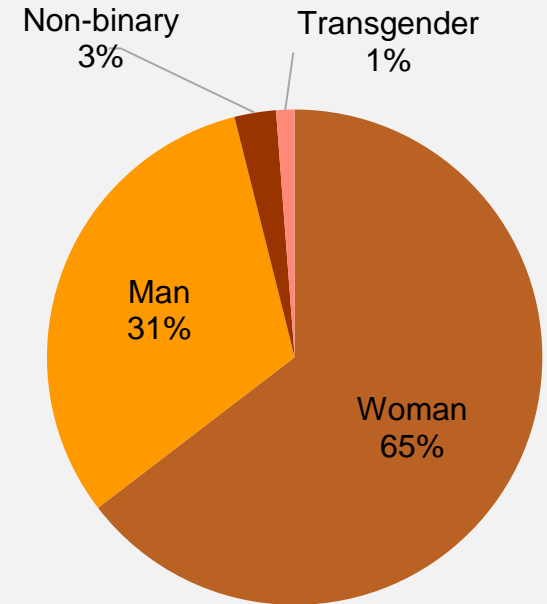
Latinx Immigrant Adults in the U.S. (*N* = 599)

Sample Characteristics: Immigrant Adults

Documentation Status

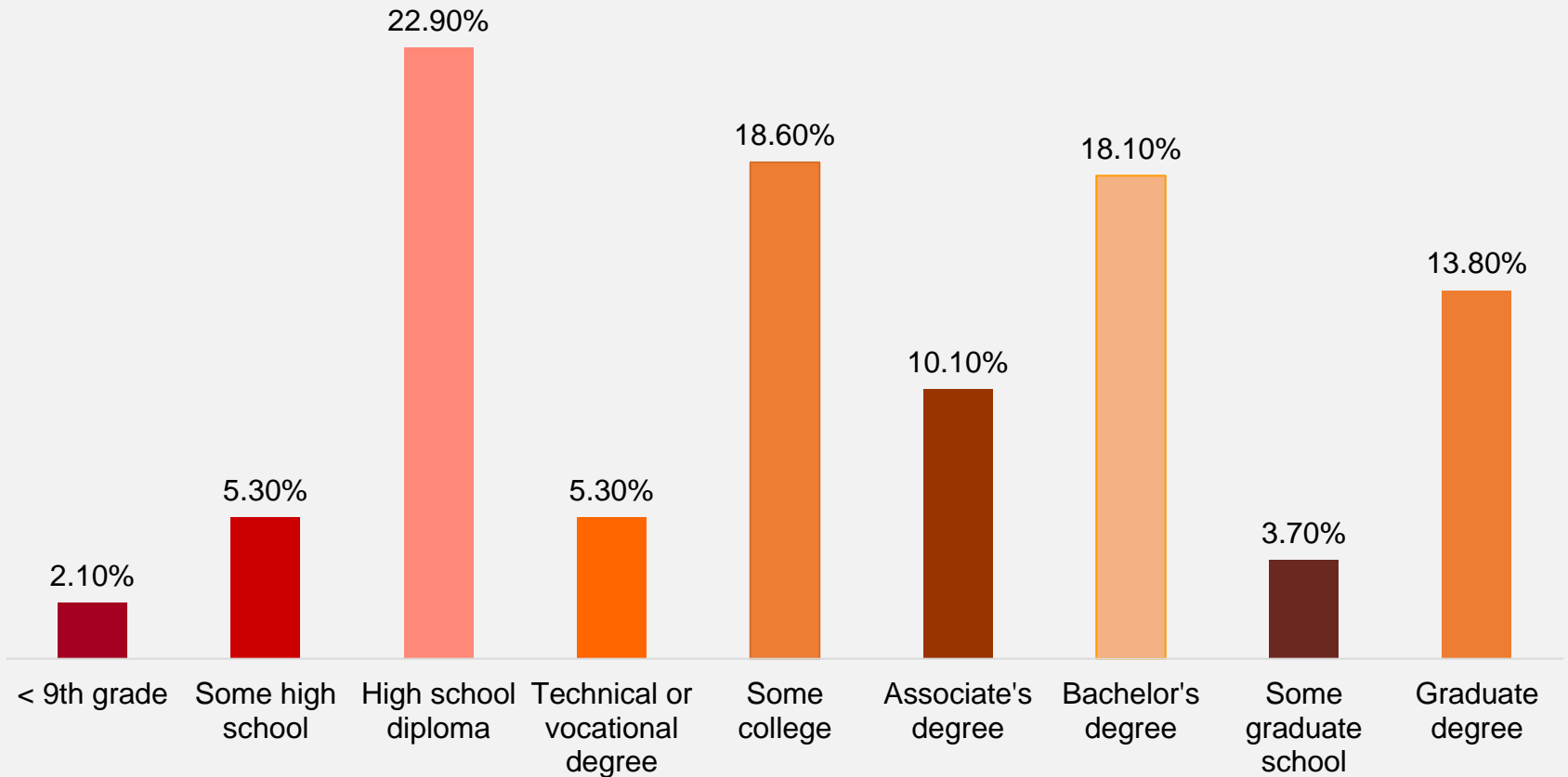


Gender



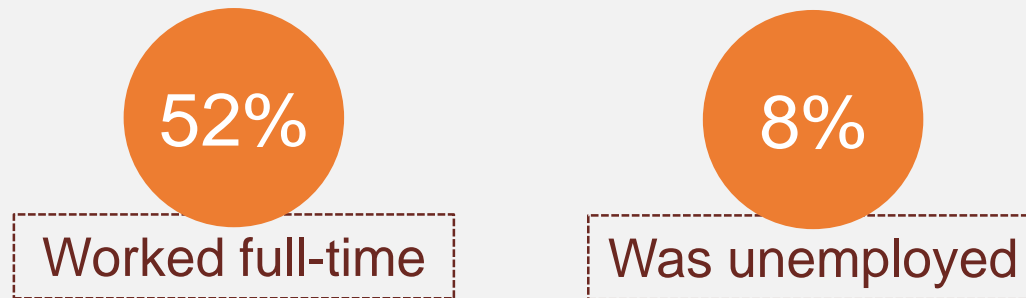
Sample Characteristics: Immigrant Adults

Educational Attainment



What is the economic impact of COVID-19 on U.S. Latinx immigrant adults?

Prior to Covid-19^a



After to Covid-19^b



Note. ^a Prior to March 1st, 2020. ^b After March 1st, 2020.

What is the economic impact of COVID-19 on U.S. Latinx immigrant adults?

30%

Were unable to get enough food or healthy food.

33%

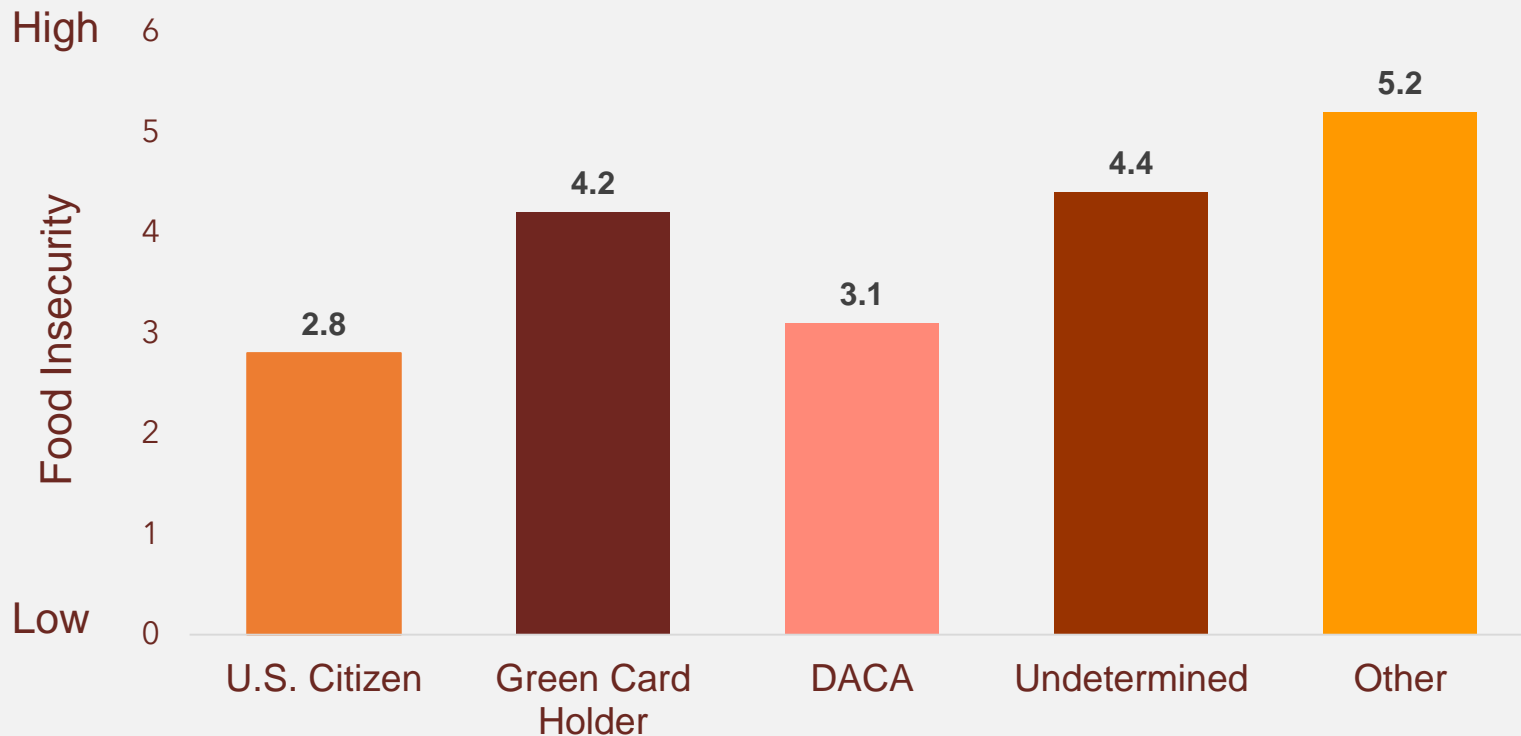
Were unable to pay important bills like rent or utilities.

What is the economic impact of COVID-19 on U.S. Latinx immigrant adults?



Reported that they themselves - or someone in their home - had to continue working even when they were in close contact to someone infected with Coronavirus at home or at work.

What is the economic impact of COVID-19 on U.S. Latinx immigrant adults?



Food insecurity was highest among green card holders, undetermined (ex: no documentation), and those with “other” immigration statuses (ex: refugees, temporary protected status holders).

What has been the impact of COVID-19 infection and mortality among U.S. Latinx immigrant adults?

11%

Reported that they had tested positive for virus but no longer had it.

22%

Experienced the death of a close friend or family member because of Covid-19.

How has COVID-19 impacted the mental health of U.S. Latinx immigrant adults?

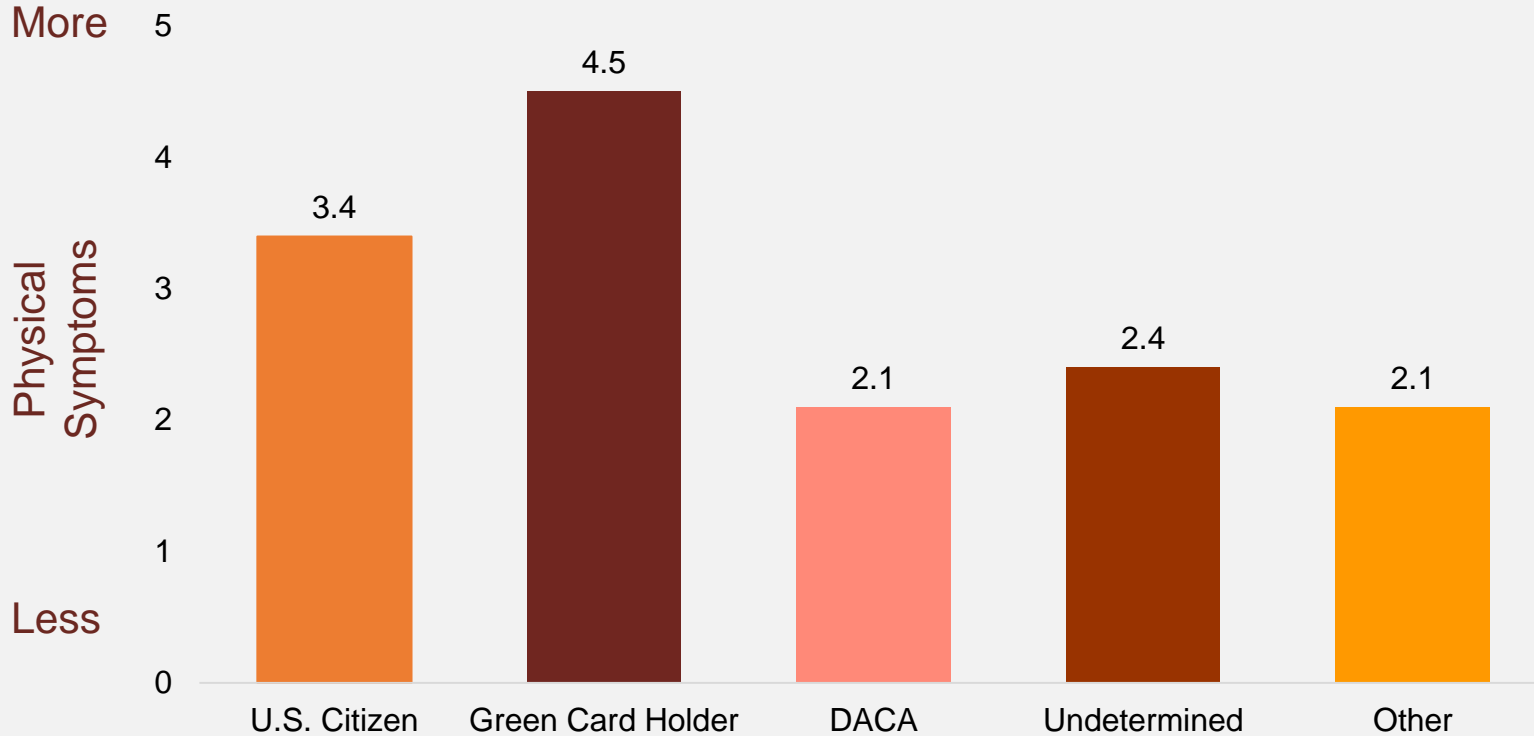
60%

Reported an increase in mental health problems or symptoms.

21%

Reported an increase of behavioral or emotional problems in their child/ren's.

How has COVID-19 impacted the physical health U.S. Latinx immigrant adults?



Green card holders were more likely than any other immigrant group to report higher Covid-19 infection histories.

Recommendations for Federal Policy for U.S. Latinx Immigrant Adults

1. Provide an expedited path to citizenship so that access to health and economic resources are available, thus improving the public health of the larger US population.
2. Ensure that efforts to test and vaccinate are readily available for immigrant communities, given the high infection rates.
3. Allow for immigrants of all statuses, including those who are undocumented, to receive stimulus checks, given the high rates of economic hardship, difficulties paying rent and bills, and difficulties securing healthy food.

Recommendations for Federal Policy for U.S. Latinx Immigrant Adults

4. Provide stimulus relief that is designed specifically for those who have lost their jobs, have been underemployed, or had to close their business.
5. Create a federal policy to discourage employers from allowing workers to return to work if someone at work has been exhibiting symptoms of COVID-19.
6. Increase funding to expand access to behavioral health services for immigrant adults and children; and increase funding for culturally responsive mental health education and training to prepare a larger workforce of mental health providers.